

If your address changes, please call (810)232-6498 and leave your name and correct mailing address and/or e-mail address.

Mailing address: NAMI Genesee County, P.O. Box 1320, Flint, MI 48501-1320

If any Genesee County public school is closed because of bad weather, our support meetings are cancelled that evening.

NAMI Genesee County Support Meetings

We offer in person support in Genesee County.

Call ahead is not required.

Family support is for relatives and friends of people living with a mental health disorder.

Family Support Second and fourth Tuesdays 7-8:30 p.m. at McLaren Oak Bridge Center off S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532. (810)232-6498

NAMI Connections is for people with a mental disorder. Meetings are second Tuesdays 7 -8:30 p.m. at McLaren Oak Bridge Center off the east side of S. Linden Rd., 4448 Oak Bridge Dr., Flint 48532 (810)232-6498

NAMI G.C. Board Meetings, Zoom, first Mondays, 7 p.m.

NAMI support groups, classes and most activities are free of charge. Reminder: Please do not discuss anything heard in a meeting anywhere else. ##
NAMI does not give medical or legal advice. Please consult

your doctor, pharmacist or lawyer.

NAMI F-2-F Classes

NAMI Family-to-Family classes are for family and friends of adults with mental disorders to help you with your loved one and deal with the stress of care-giving. The course is 8 weeks, 2 ½ hours. Pre-registration is required. (810)232-6498. Next classes, late winter, 2025.

Peer-to-Peer classes are for persons living with mental illness. The series of 8 classes is to provide education about your illness and help you maintain your mental health. Call (810)232-6498 for information.

NAMI Basics OnDemand is a free, six-session online education program for family who provide care for youth aged 22 or younger who are experiencing mental health symptoms. Information and registration: www.basics.nami.org

NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Their Families is a free online suite of resources designed to increase understanding, communication, wellness and advocacy skills. www.homefrontresources.nami.org
NAMIhomefront online is 6 classes for veterans' family members on nami.org

NAMI Provider Training for mental health professionals, provides education to increase

confidence and understanding of people with mental health issues.

We can provide speakers by request.

“Ending the Silence” is a free of charge online presentation about mental disorders to be used in schools. www.ets.nami.org

COVID 19 and Mental Health

COVID-19 most often affects the lungs and respiratory system, but it can also affect other parts of the body. Some people develop post-COVID conditions, also called Long COVID. These symptoms can include neurological symptoms such as difficulty thinking or concentrating, sleep problems, and depression or anxiety.

Common symptoms of Long COVID include fatigue, difficulty concentrating or “brain fog,” shortness of breath or difficulty breathing, chest pain, heart palpitations, cough, joint or muscle pain, depression, anxiety, and many more side effects. About a quarter of people with Long COVID experience significant activity limitations.

While the COVID-19 pandemic has had widespread mental health impacts, some people are more likely to be affected than others. This includes people from racial and ethnic minority groups, mothers and pregnant women, people with financial and housing insecurity, children, people with disabilities, people with preexisting mental illnesses or substance use problems, and

health care workers. Information about clinical trials: Clinicaltrials.gov: Current Studies on COVID 19 and Mental Health. Source: www.nimh.nih.gov ##

NAMI COMMON BOND

The NAMI Common Bond is published monthly with exceptions by NAMI Genesee County. PO Box 1320, Flint, MI 48501-1320 Ph. 810-232-6498.

Editor: Ramona Deese,

Circulation: 157 copies via e-mail

Board Members and Officers:

President, Ramona Deese

Vice President, Tia Coles

Recording Secretary, Tarnesa Martin

Treasurer, Shawna Sims

Adam Castillo

Lacey Benjamin

April Cook-Hawkins

Latressa Gordon

Dante Jennings

Mark Langdon

Shearese Stapleton

Director Emeritus, Erma Barber

Family Support Group Facilitators

Ramona Deese, Karen Henry, Maureen

Post, April-Cook-Hawkins, Suzanne

Kellom, Linda Howard

NAMI Connections Facilitators

Maureen Post, Karen Henry, Tawanna

Anderson, Latressa Gordon

Brain Bank Contact, (617)855-2400

MEMBERSHIP FORM

Annual Dues are shared between NAMI

Genesee County, NAMI Michigan and

NAMI. Memberships are for one year

and include all benefits including

newsletters. Your dues support

NAMI's mission. You may join at

www.nami.org (specify NAMI Genesee

County) or www.namigenesee.org and

pay dues on-line using a credit card, or

you can fill out and mail the form below with a check.

Please make checks payable to NAMI

Genesee County. Mail to P.O. Box

1320, Flint, MI 48501-1320

“Open Door” membership for

financially stressed people \$5 _____

Household membership \$60 _____

Individual membership \$40 _____

(NAMI Genesee County is a 501c3,

non-profit, tax exempt corporation.

Dues and donations may be tax

deductible as allowed by law.)

NAME (s) _____

ADDRESS _____

CITY, STATE, ZIP _____

Telephone _____

E-mail _____

Healthy Minds PBS Television

The Emmy nominated public television series *Healthy minds with Dr. Jeffrey Borenstein* is produced by the Brain and Behavior Research Foundation and available the BBRF website, www.bbrfoundation.org/healthy-minds-tv It has much important information about mental health topics. ##

Veterans and Traumatic Brain Injuries, Signs and Treatment

TBI is a common brain injury received from blast exposure in war zones. Between 2000 and 2017, the Department of Defense reported more than 375,000 diagnosed cases of TBI among members of the U.S. Armed Forces. TBI can cause changes in ability to walk and perform everyday activities, as well as in behavior and thinking skills. It can also lead to other health conditions such as:

- Headaches
- Mental health conditions (PTSD, depression, anxiety, or substance use)
- Sleep problems
- Difficulty remembering or paying attention;
- Dizziness and imbalance
- Becoming easily angry or frustrated

Injured patients with a TBI (and with multiple TBIs) are more

likely to develop PTSD than those without a TBI history.

Veterans who use VA health care must undergo mandatory TBI screening if they served in combat operations. The four-question screen identifies Veterans who were exposed to events that increase the risk for TBI and who have symptoms that may be related to that specific event or events. VA providers discuss the results of the comprehensive evaluations with the Veteran and recommend follow-up care with primary care and other specialty providers, as necessary.

Therapy is the usual treatment for TBI. So far, no medications have been able to alleviate the functional and neuropsychiatric symptoms of TBI. TBI can be a lifelong problem.

There have been suggestions that the high rate of suicides among veterans can be partly attributed to TBI and/or PTSD. Veterans make up 20% of suicides, but are 6% of the U.S. population. There is much research being conducted into treatment for TBI and PTSD. Sources: *Brain & Behavior*, summer 2024, www.ptsd.va.gov,

www.mentalhealthva.gov, www.publichealth.va.gov/exposures/traumatic-brain-injury.asp

Seasonal Affective Disorder

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as

disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)

For summer-pattern SAD, additional symptoms can include:

- Trouble sleeping (insomnia)

- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

SAD occurs much more often in women than in men. Winter-pattern SAD also occurs more often than summer-pattern SAD. Therefore, SAD is more common in people living farther north, where there are shorter daylight hours in the winter. SAD is more common in people with depression or bipolar disorder, especially bipolar II disorder. SAD sometimes runs in families.

Light therapy and vitamin D are treatments for winter-pattern SAD, whereas psychotherapy and antidepressants are used to treat depression in general, including winter and summer-pattern SAD. There are no treatments specific to summer-pattern SAD. Talk to a health care provider about different treatment options and which treatment is best for you. Source:

www.nimh.nih.gov/healthpublications

Free health care career training: (810)232-2228
geneseehhealthcarecareers.org

Do You Need Support Services?
The Genesee County Prevention Coalition has a Partners in

Prevention Portal with 37 links to help for everything from abuse to Veterans services. (810)285-9047
www.info@theGCPC.org ##

One Stop Housing

Comprehensive housing placement services for Genesee County people who are experiencing homelessness, at risk of becoming homeless or have special needs.

www.ccsge.org/onestophousing
OneStopHousing@ccsge.org ##

Domestic Violence Hotline:
(800)799-7923

Suicide Prevention Website
www.LetsTalkGenesee.com

Do You Need Help?

Dial 211 for information to get human services help.
Findhelpgenesee.org

Information for most problems, food, clothing, housing, medical care, etc. ##

GHS crisis services
(810)257-3740

GHS Behavioral Health Urgent Care Center

The center is located at 422 W. 4th Avenue, across the street from the GHS main building near Hurley Hospital. (810)496-5500 (877)-346-3648 Hours are 8:00 a.m. –10:30 p.m. Monday through Friday and 10 a.m.-6:30 p.m. Saturday and Sunday. Video chat support 24 hours a day, 7 days a week with a therapist. No cost. No referral or insurance needed. Call (810)257-3705 for instructions.

Under Stress and Need to Talk?
“Warm Line” Peer support 10 a.m.-2 a.m. 7 days a week.
1(888)733-7753 ##

University of Michigan provides consultations to physicians doing opioid treatment and telemedicine delivered interventions.
www.michiganopioidcollaborative.org

Vista Drop-in Center Art Gallery
VISTA art gallery in the Genesee Valley Center open Mondays, Wednesdays and Fridays 12-3 p.m. (810) 766-7085 or visit www.thevistacenter.org ##

Disaster Distress Helpline
Text TALKS WITH US to 66746
Available 24 hours, 7 days. ##

Mothers of Joy University
mothersofjoyuniversity@gmail.com
Support and information for parents.

Help to Find Health Care Insurance For Kids
Greater Flint Health Coalition
(810)853-6458 ##

Autism Alliance of Michigan
www.lookingthroughthepuzzle.com
Center for Parent Information and Resources: 1 (800)552-4821
www.michiganallianceforfamilies.org

NAMI Helpline Resource Directory
From 4ame.org on the left side of the home page click on NAMI Helpline, then on Resource Directory.

Depression and Bipolar Support Alliance Meetings
Call before attending. Faith-based, Holy Family Church, Grand Blanc, 6:30-8 p.m. first and third Thursdays, (810)347-4706

Help for Veterans
Veteran's Support for Servicepersons: Crisis Line
(800)273-8255 ext. 1, or text to

838255, or click the Veterans tab
www.suicidepreventionlifeline.org

National Call Center for Homeless Veterans **(877)424-3838**
Genesee County Dept. of Veterans Services counselor available Mon. 8-6 & Tues. 9-3
(810)257-3068
1101 Beach St., Flint 48502
Saginaw County Veteran's Affairs
Call for veteran's peer support group information **(810)257-3068**
Disabled American Veterans
(810)742-9220
M, T, W, Th, F 9 a.m.-2 p.m.
Transportation office for disabled veterans (810)742-9220

NAMI Homefront Mental Health Resources for Military Service Members, Veterans and Families
available online 24/7 days.
www.homefrontresources.nami.org

Medications
Reach an FDA pharmacist 888-463-6332.
FDA Medwatch 800-332-1088 to report adverse drug reactions.
To check on-line pharmacies: Safe.pharmacy/buy-safely or BeSafeRx:KnowY ourOnlinePharmacy vipp.s.nabp.net LegitScript.com
To check licensing of Canadian pharmacies: cipa.com/verifypharmacy
Canadian law allows generic versions of drugs to be only 80% as effective as brand names. U.S. generics must be essentially equivalent to the brands.

Assistance with Medical Costs
Assistance Fund 1-(855)-845-3663
SAMHSA 1-(800)-662-4357 referrals to low-cost and sliding scale mental health care
www.findtreatment.SAMHSA.gov

www.needymeds.org 1(800)503-6897 non-profit information source for patient assistance programs for medications and free or low-cost clinics.

To check board certifications and licensing of medical professionals,
www.michigan.gov/my/license

Advocacy for Prisoners
www.prisoneradvocacy.org
(734)761-8283
To locate a prisoner:
www.michigan.gov/corrections/
click "offender search"
Citizens for Prison Reform Resource Guide: www.micpr.org

Promise of Hope (810)275-2690
www.familiesagainstnarcotics.org
support group for family members

UCAN (United Community Addiction Network) (810)397-7175 in Genesee County
ucanmichigan@gmail.com

Help for Sobriety Court Members
www.partners4recovery.org
Partnership for Drug-Free Kids, 855-3784-3733 or text 55753

Website for opioid information, addiction treatment, etc.
www.KnowMoreGenesee.org

OK2SAY@mi.gov Hotline to report threatened suicide by teenagers or threats to schools.

Voices for Children Advocacy Ctr.
www.voicesforac.org
(810)238-3333 Ext. 209 ##

Local GHS Crisis Services
810-257-3740, 1-877-346-3648
genhs.org/mystrength

National Suicide Hotline 988

NAMI Helpline 1-800-950-6264

**Text NAMI to 741741 to
reach help in a crisis**

Public Mental Health System

Board Meetings, January 2025

***New Location for Genesee
Health System services 1040 W.
Bristol Rd., Flint MI 48507***

Services: (810)257-3705

SUD Advisory, Mon. 1/8, 4 p.m.

Board room, second floor

Board of Directors, 1/23, 4 p.m.

Board Room

Region 10, Fri, /17, 9 a.m.,

Port Huron

Saginaw Co. CMHA Board

(989)797-3400 sccmha.org

Meetings are held at 500 Hancock
St, Saginaw, Michigan 48602

Board of Directors, 1/13, 5:15
p.m.

Recipient Rights 1/15, 5:15 p.m.

Executive Limitations 1/22, 5:15

Ends, 1/27. 5:15 p.m.